

# **YORK** FITNESS **T782**



## **INSTRUCTION** **MANUAL**



21/06/2006 VERSION II

Product may vary slightly from the item pictured.

COMPLIES WITH EUROPEAN STANDARD EN957-1+6 CLASS HC

# **YORK T782 TREADMILL**

## **SAFETY GUIDELINES:**

Before beginning any exercise program, you should consult with your doctor.

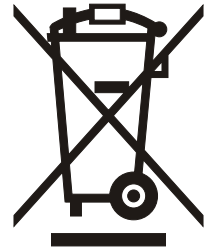
It is recommended that you undergo a complete physical examination.

The instruction must be read in full before assembly and / or use of this product.

### **■ WARNING - YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY**

**- THIS LIST IS NOT EXHAUSTIVE.**

- Assemble and operate YORK T782 TREADMILL on a solid, level surface.
- Always allow a clear space measuring 1m wide and 2m long directly behind YORK T782TREADMILL.
- The safety level of this equipment can only be maintained only if it is regularly examined for wear and tear.
- It is important that you keep these instructions for further reference.
- The treadmill will not operate without the safety key.
- You will need at least one person to help you with assembly.
- Parents and others in charge of children should be aware of their responsibility, because the natural play instinct and the fondness of experimenting of children can lead to situations and behavior for which the training equipment is not intended.
- If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account.
- They should be controlled and instructed in the correct use of the equipment. The equipment is under no circumstances suitable as a children's toy.
- Always use the product on a level surface, ensure that the product is stable before use.
- The treadmill running mat will not stop immediately if any object becomes caught in the mat or rollers - **IN AN EMERGENCY:** Pull the safety key cord to remove the safety key.
- This product is provided with a safety key. The treadmill will not operate without the safety key inserted. The safety key should be attached to the user via the cord and clip. If for any reason the user falls the cord will pull the safety key from the treadmill and the treadmill will begin to decelerate.
- In an emergency take hold of the handrails and place your feet on the side platforms provided, once you are stable pull out the safety key, the treadmill will begin to decelerate until it stops.
- A safety key is fitted in case of need for an emergency stop.
- Use of the safety key is to clip the key to the body to shut off the treadmill automatically when falling.
- Always check that any pins / fixings are tight and secure before use and / or after adjustment.
- Keep hands away from moving parts.
- Replace defective components immediately, and / or keep the equipment out of use until it is repaired.
- Never overload the equipment - the maximum user load is displayed on the product label.
- The weight limit for this treadmill is 330lbs ( 150kgs ).
- Wear proper workout clothing: Do not wear loose clothing.
- Do not wear shoes with leather soles or high heels. Tie all long hair back.
- Always wear suitable clothing and footwear e.g. tracksuit / shorts / training shoes.
- Remove all personal jeweler before exercising.
- Never use the equipment in any other manner other than the ways explained in these instructions and / or any wall-chart supplied.
- Use only the adjustment settings as described in the instructions. Always use the correct adjustment pin / fixing.
- Don't rock the unit from side to side.



- Care should be taken when mounting and dismounting the unit.
- Components such as pulleys, bearings, and cables are always more susceptible to wear.
- Special attention should be taken to inspect these components before use.
- Do not place any liquids on any parts of the treadmill.
- Do not use water bottle in areas where high humidity may cause condensation to drip onto the treadmill.
- To prevent shock, keep all electrical components, such as the motor, cord and switch away from water.
- Ensure that adjustment devices are not left projecting as they may interfere with people.
- Never leave any adjustment devices projecting from the product.
- Do not use any accessories that aren't specifically recommended by the manufacturer, these might cause injuries or cause the unit to fail.
- Work within your recommended exercise level, do NOT work to exhaustion.
- Injuries to health may result from incorrect or excessive training.
- If you feel any pain or abnormal symptoms, **STOP YOUR WORKOUT IMMEDIATELY.** Consult your physician immediately.
- Turn off the treadmill while adjusting or working near the rear roller.
- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
- **TAKE CARE TO PROTECT CARPETS AND FLOOR** in case of leakages. This product is a machine and contains moving parts which have been greased / lubricated and could leak.

**WARNING:** This appliance must be EARTHED.---IMPORTANT

**WARNING:** Unplug the Power Cable before Maintenance.

**WARNING:** Stop Treadmill before Folding.

YORK T782 is designed for the use and enjoyment of the serious trainer as well as the dedicated user. By following the above precautions and using good judgement and common sense, you will have a safe and pleasurable exercise regimen with YORK T782.

## **CARE AND MAINTENANCE**

- No wet cleaning of electrical components - Unplug before any care and maintenance.
- Use a warm damp cloth with mild detergent to keep your YORK T782 clean.
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear. This includes any ropes, pulleys, nuts, bolts, moving parts bushes, chains, wheels, bearings & points etc.
- Components such as pulleys, bearings and cables are always more susceptible to wear.
- Special attention should be taken to inspect all of these parts before use.
- Always replace damaged / worn components with original parts from the manufacturer.

## **TOOLS REQUIRED**

The tool enclosed in the carton are two allen keys.

**SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY.**

<b>U.K.</b>	<b>AUSTRALIA</b>	<b>U.S.A.</b>
<b>YORK FITNESS</b> HELP LINE (8:30am- 16:30pm) <b>YORK BARBELL (U.K.) LTD.</b> YORK WAY, DAVENTRY, NORTHANTS, NN11 4YB ENGLAND TEL: (01327) 701-824 FAX: (01327) 706-704 E-MAIL: helpdesk@yorkfitness.co.uk	<b>YORK FITNESS</b> HELP LINE (8:00am- 16:00pm) <b>YORK BARBELL (AUST.) LTD.</b> UNIT 1, LOT 2, SWAFFHAM ROAD, MINTO, N.S.W. 2566 AUSTRALIA TEL: (02) 9603-8444 FAX: (02) 9603-8555 E-MAIL: service@yorkfitness.com.au	<b>YORK FITNESS</b> HELP LINE (8:00am- 17:00pm) <b>YORK BARBELL USA.</b> 3300 BOARD ROAD. YORK, PA 17402 TEL: +1-717-767-6481 FAX: +1-717-764-0416 E-MAIL: info@yorkbarbell.com



# **INTRODUCTION**

YORK T782 TREADMILL has been designed and constructed to provide trouble free usage and enjoyable exercise. You can greatly improve your understanding of the benefits of exercising by carefully reading the instructions given in this manual.

Please familiarize yourself with the maintenance advice provided for you.

## **SPECIFICATIONS**

POWER SUPPLY: AC 230V, 50Hz

SPEED CONTROL : PUSH BUTTON

ELEVATION: POWER INCLINE 0% ~12%

SPEED RANGE: 0 ~ 16 KPH

CLASS HC: Domestic Use / Minimum Accuracy

10 PROGRAMS - SPEED INTERVAL, AEROBIC, WEIGHT LOSS, HILL CLIMB, TARGET TIME, TARGET DISTANCE, TARGET CALORIES, HRC SPEED, HRC ELEVATION & FITNESS TEST



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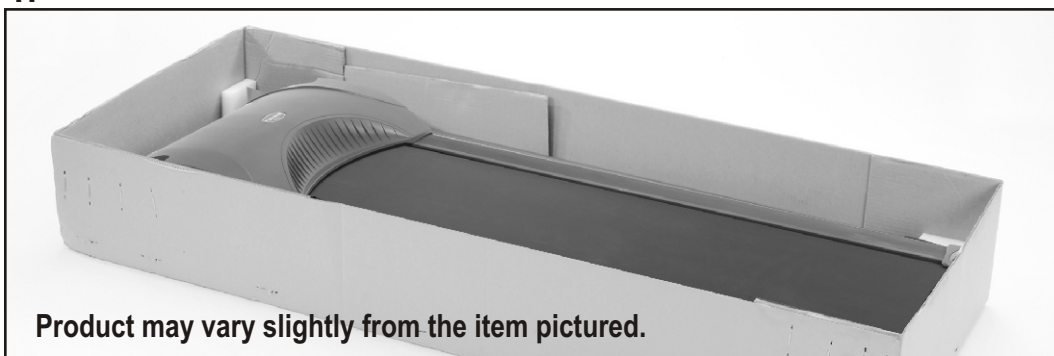
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## GENERAL

**WE RECOMMEND YOU HAVE SOMEONE TO ASSIST YOU IN LIFTING AND ASSEMBLING YOUR YORK T782 TREADMILL.  
FOLLOW THESE INSTRUCTIONS CAREFULLY AND IT WILL MAKE IT EASIER FOR YOU TO ASSEMBLE YOUR YORK T782 TREADMILL.**

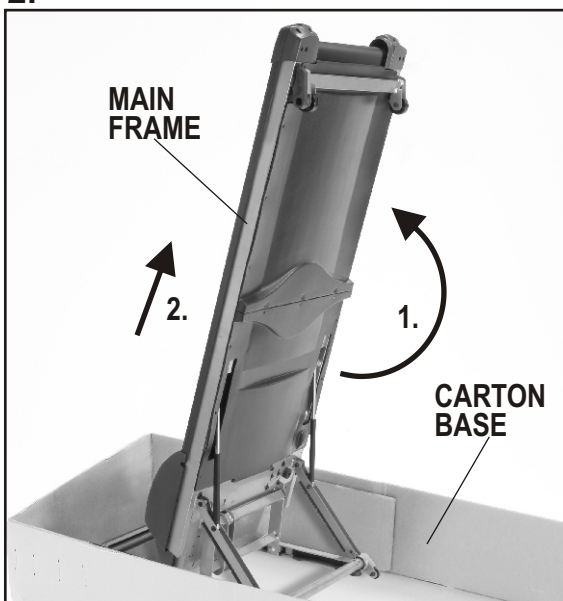
## ASSEMBLY INSTRUCTIONS

1.



- Ask someone to help you remove all the parts and packaging materials on the top of your YORK T782 treadmill from the carton and place them on the floor carefully.

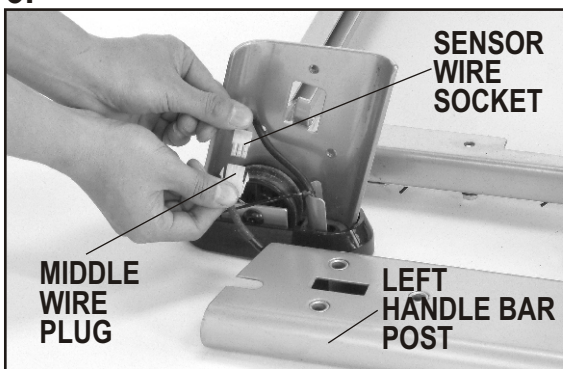
2.



- Fold the main frame up gently and stand it in the carton base as shown.
- Remove the handle bar posts and packaging materials from the carton base and place them on the floor carefully.
- Ask someone to help you hold the treadmill on each side and lift it out from the carton base carefully.

- **NOTE:** Do not lift the treadmill out of the carton from the motor end as your fingers may get squashed !!

3.



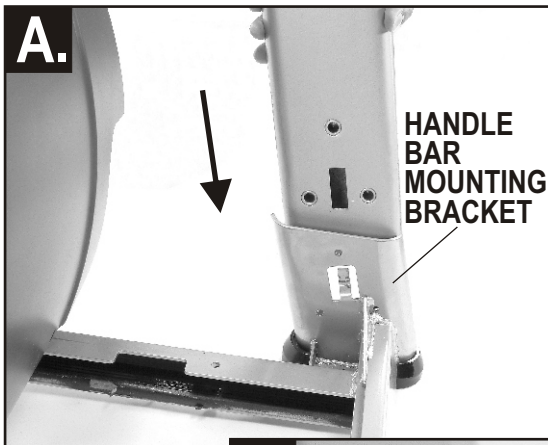
- Rest the left handle bar post beside the main frame and close to the handle bar mounting bracket as shown.
- Connect the sensor wire socket to the middle wire plug protruding from the base of the left handle bar post.

- **NOTE:** **TAKE CARE** to ensure the wires are connected as tightly as possible.

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**NOTE: DO NOT FULLY TIGHTEN THE BOLTS UNTIL YOU HAVE COMPLETED THE ASSEMBLY .**

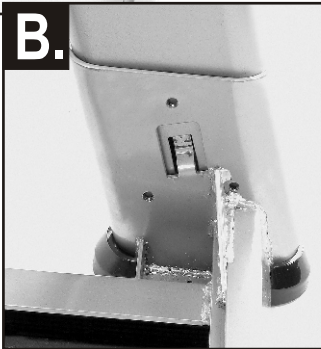
4.



- Insert the left front handle bar post into the handle bar post mounting bracket fully.

**NOTE:** TAKE CARE to ensure the hook facing outward on the mounting bracket is fitted into the slot on the inside of the left handle bar post securely.

**TAKE CARE** to ensure the cable does not get trapped when you attach the left handle bar post.



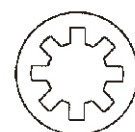
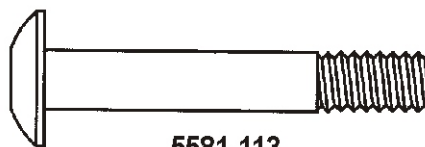
5.



- Secure the left handle bar post to the mounting bracket by using three allen head bolts and star washers.

**NOTE:** Do not fully tighten the bolts until you have completed the assembly.

- Insert the right front handle bar post into the handle bar mounting bracket and secure, using three allen head bolts and star washers.

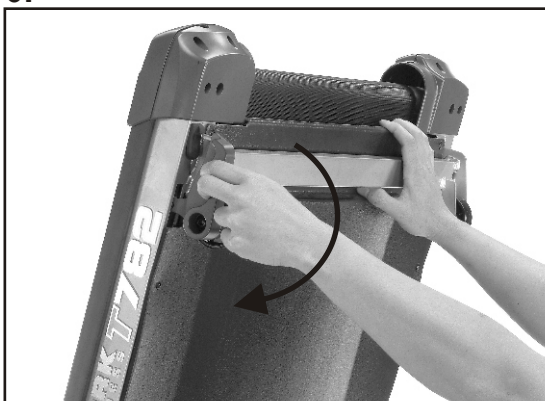


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6.



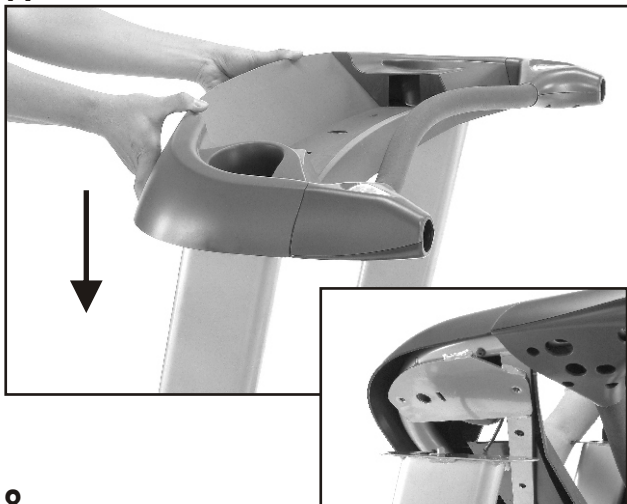
- Release the lock handle fitted on the left hand side of rear stabilizer with your left hand and fold down the main frame to the floor gently with your right hand.

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7.



- Attach the console base onto the handle bar fixing brackets as shown.

**NOTE:** TAKE CARE to ensure the hooks on the handle bar fixing brackets are fitted into the slot holes on the console base support securely.

TAKE CARE to ensure the cable does not get trapped when you attach the console base.

8.



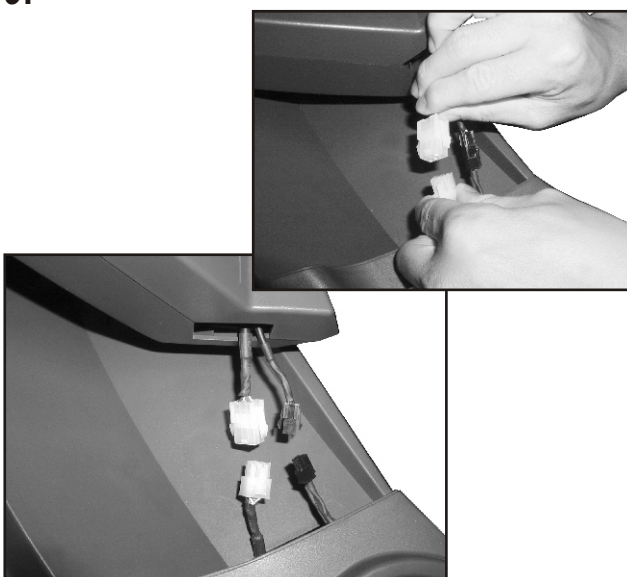
- Slide the middle cable through the slot hole on the side of console base carefully.

- Secure the console base to the handle bar posts by using four allen head bolts and star washers.



**NOTE:** Do not tighten all of the bolts until the computer console has been secured.

9.



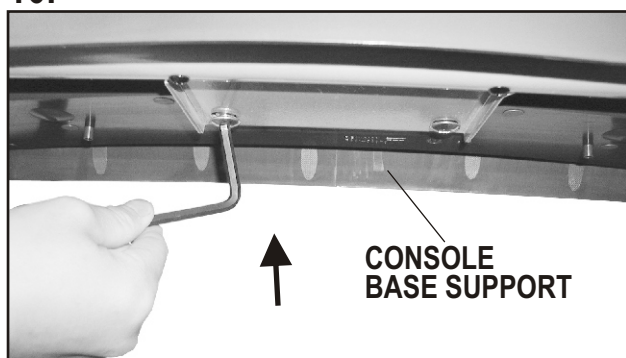
- Rest the computer console on the console base carefully as shown.

- Connect the middle wire plug, that comes out from the side of console base to the computer socket on the left hand side of the computer console as tight as you can.

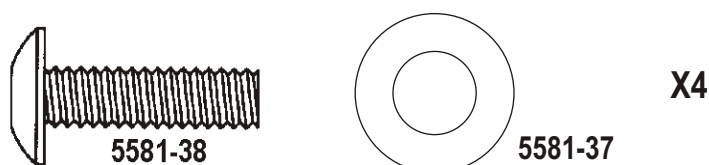
- Connect the incline adjustment cable socket, that comes out from the side of console base to the computer plug on the left hand side of the computer console as tight as you can.

- Connect the speed adjustment cable socket, that comes out from the side of console base to the computer plug on the right hand side of the computer console as tight as you can.

10.



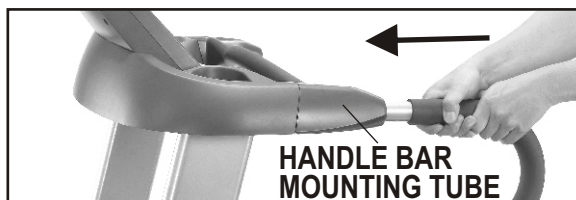
- Secure the top computer console onto the console base support by using two allen head bolts and star washers.



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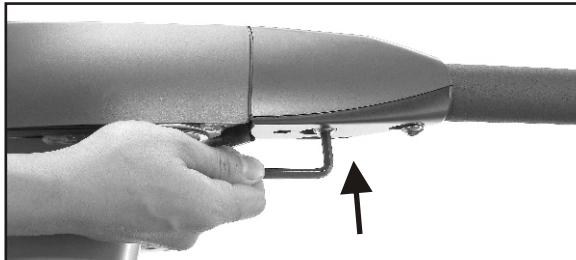
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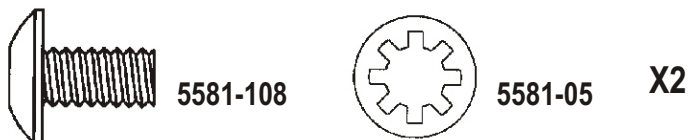


- Attach the left handle bar to the handle bar mounting tube as shown.

12.



- Secure the left handle bar to the handle bar mounting tube by using two allen head bolts and star washers.



13.



- Attach the handle bar side cover into the end of handle bar securely as shown.

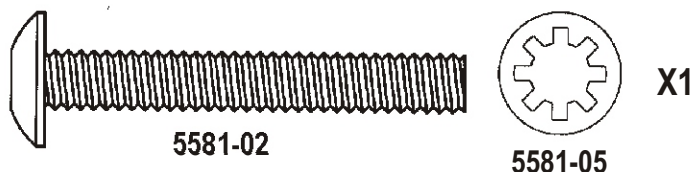
**NOTE:** TAKE CARE to ensure you fit the ribs ( inside of the handle bar side cover ) into the slot on the end of the handle bar securely.

14.

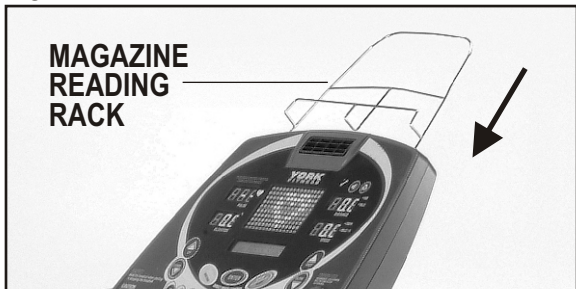


- Secure the handle bar side cover to the left handle bar post by using one allen head bolt and star washer.

- Repeat the same assembly procedures to attach the right handle bar.



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- Attach the magazine reading rack to the top of the computer console assembly as shown.

- **NOW** tighten all the bolts that you have fitted.

## RECHECK

- Recheck that all of the bolts are tightened securely for your safety and comfort.
- Plug the power cable into a suitable AC outlet (220~240 Volt 50Hz).
- **Before you use the treadmill for the first time turn on the power switch, connect the magnetic safety key and then allow the treadmill to run for 10 minutes or so without anyone on the treadmill.**
- Check that the mat is tightened properly and runs smoothly.

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# **OPERATING INSTRUCTIONS**

The following procedure has been proven to be the safest and easiest method of mounting the treadmill.

For your protection, carefully read and follow these simple steps:

1. Be sure the treadmill is positioned on a flat, level surface.
2. Make sure the magnetic safety key is **not** attached then plug in the treadmill power cable to a suitable power socket and switch on at the socket.
3. Turn on the treadmill power switch, which is located near where the power cable attaches to the treadmill.
4. Straddle the running mat with your feet firmly planted on the right and left staging platforms. Stand close enough so you can extend your arms to touch all the buttons on the console.

**CAUTION:** Do not stand on the mat yet.

5. Insert the safety key.
6. Follow the instructions shown on the main display of the computer console” **TO OPERATE** “

## **STARTING YOUR EXERCISE**

Stand on the running mat.

Once you have selected your workout, the treadmill will slowly increase its speed to the desired levels.

Continue to grip the handles until you are walking / running normally.

After gaining stability and confidence, you may release your grip on the handrails and let your arms swing freely and naturally at your side.

**NOTE:** Walking straight on the treadmill is aided by focussing on a stationary object across the room in front of you.

Walk as if you were approaching that object.

## **IN AN EMERGENCY**

In an emergency take hold of the handrails and place your feet on the side platforms provided, once you are stable, pull out the safety key. The treadmill will then begin to decelerate until it stops.

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## **HOW TO GET OFF THE TREADMILL**

The following procedure has been proven to be the safest and easiest method of dismounting the treadmill.

For your protection, carefully read and follow these simple steps.

1. Turn the treadmill to the lowest speed.
2. Firmly grip the handles to support yourself.
3. Remove your trailing foot from the walking platform and place it on the foot pad on the side of the treadmill.

This is very easy to do because the natural movement of walking will have shifted your weight onto the foot that just stepped forward.

4. Shift your weight to the stationary foot on the foot pad, and remove the other foot from the walking platform and place it on the other foot pad.

You should now be in the starting position.

5. Press the STOP  key to stop the treadmill and disconnect the safety key then unplug treadmill from the power outlet when finished.

## **IN AN EMERGENCY**

In a emergency take hold of the handrails and place your feet on the side rails provided, once you are stable, pull out the safety key. The treadmill will then begin to decelerate until it stops.

## **CARE AND MAINTENANCE**

- Use a warm damp cloth with mild detergent to keep your YORK T782 treadmill clean. Do not clean between the mat and running board---The silicone lubricant is needed for smooth movement of the mat.
- Check parts for wear before use.
- If in doubt do not use the treadmill and contact our helpline.
- Pay particular attention to the fixing knobs and make sure they are tight.
- Always replace the mat if worn and any other defective parts.
- **TAKE CARE TO PROTECT CARPETS AND FLOOR** in case of leakages. This product is a machine and contains moving parts which have been greased / lubricated and could leak.

**WARNING:** Unplug the Power Cable before Maintenance.

**WARNING:** Stop Treadmill before Folding.

**SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT  
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# **HOW TO ADJUST THE MAT ALIGNMENT AND TENSION**

The alignment and tension of the mat (walking surface) has been set prior to shipping. Should improper tracking of the mat occur (walking surface moving too far to the right or the left on the platform) or if you find that the mat slips when you get on, these problems can be corrected as follows:

■ Locate the adjustment screws on the end of the main frame.

**CAUTION:** Adjust the mat when the treadmill is running at the lowest speed.  
Keep others away from the treadmill.

■ Connect the safety key and set to the lowest speed.

**TEST:** Allow the mat to run for several minutes and watch to see if it runs in the center position correctly. If the mat does not run in the center position, carry out the steps for: "MAT MOVES TO LEFT" or "MAT MOVES TO RIGHT".  
Be sure that you adjust by "a turn only each time" to avoid over correcting.



## **MAT MOVES TO RIGHT**

If your mat tends to move to the right, then adjust the right screw by turning it a turn clockwise. We recommend adjustments of a turn only at a time, then test each time.

If your mat continues to move to the right, simply adjust the left adjustment screw, by turning a turn counterclockwise, test after each adjustment.

## **MAT MOVES TO LEFT**

If your mat tends to move to the left, then the adjustment of the right screw is necessary by turning it counterclockwise.

We recommend adjustments of turn only at a time, then test each time.

If the mat continues to move to the left, simply adjust the left adjustment screw, by turning turn clockwise, then test each time.

**NOTE:** For most people, one of your legs is stronger than the other and the treadmill mat may tend to track to that side because of the extra pressure exerted by your stronger leg. If this occurs then either dismount the treadmill and allow the mat to track back to the middle, or exert pressure to the side of the mat with the other leg to track the mat back to the middle.  
Or adjust the mat to compensate following the instructions for the mat moves to the right or left.

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## **MAT TOO LOOSE**

If your mat appears to be loose, simply tighten both screws by an equal amount ( 1/2 a turn clockwise at a time ) then test.

## **MAT TOO TIGHT**

If it appears tight, simply loosen both screws by an equal amount ( 1/2 a turn anti-clockwise at a time ) then test.

## **MAT STICKY (DOES NOT RUN SMOOTHLY)**

You may feel after a period of time (depending on how often you use the machine) that the mat feels sticky.

We recommend you apply a light covering of Silicone between the mat and the running board. This procedure may be repeated as necessary.

## **WALKING MAT AND DECK LUBRICATION**

This treadmill is equipped with a pre-lubricated, maintenance deck system. The mat/deck friction may play a major role in the function and life of your treadmill, this requires periodic lubrication. We recommend a periodic inspection of the deck. If the deck appears worn, please contact our service department.

We recommend lubrication of the deck according to the following timetable:

Light use ( less than 3 hours per week ) every 8 months

Medium use ( 3-5 hours per week ) every 4 months

Heavy use ( more than 5 hours per week ) every 2 months

## **HOW TO CHECK THE RUNNING MAT FOR PROPER LUBRICATION**

- Disconnect the main power supply.
- Fold the treadmill up into the storage position.
- Feel the white back surface of the running mat.

If the surface is slick to the touch, then no further lubrication is required.

If the surface is dry to the touch, apply a suitable silicone lubricant.

We recommend that you use the following:

**Lube-N-Walk Treadmill Lubrication Kit ( CODE: 5520 )** comes complete with instructions, Available from your local Sports Retailer or contact YORK for your closest dealer.

## **HOW TO ADJUST THE ELEVATION**

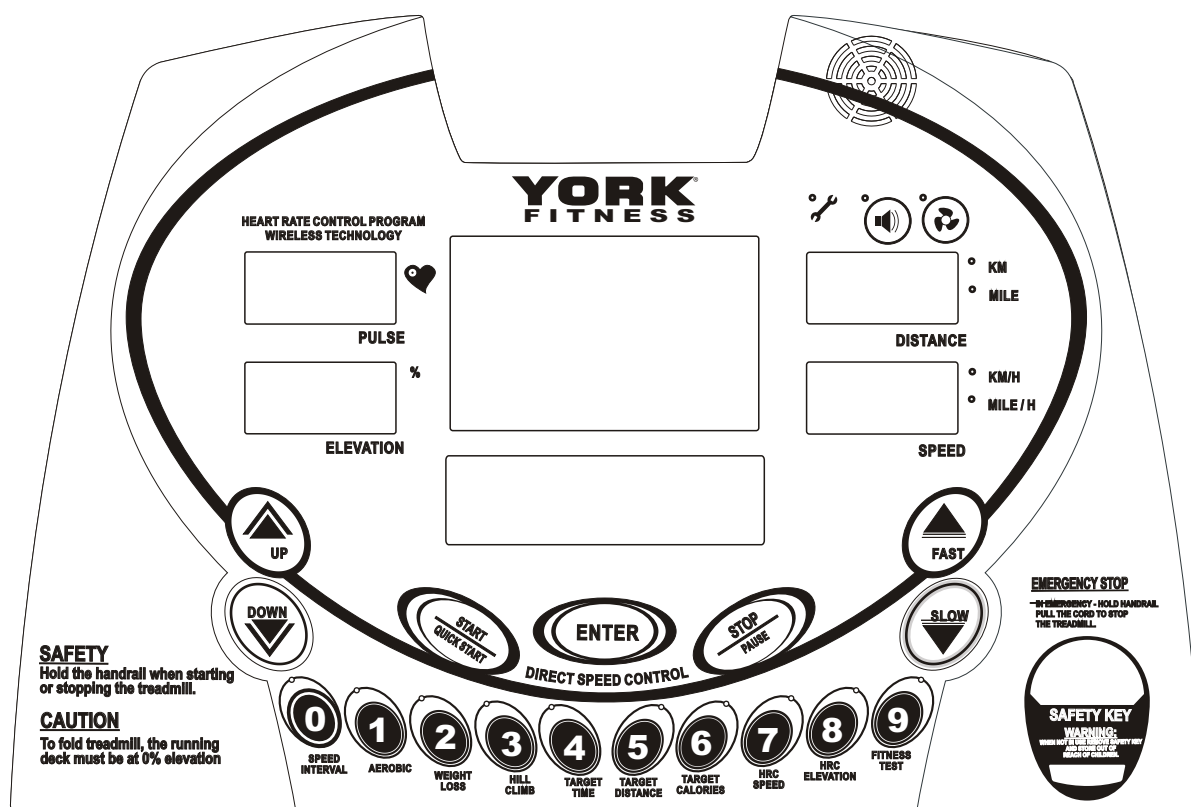


1. Find the elevation switch located on the left handle bar.
2. Press the top part of the switch for elevation "▲" UP.
3. Press the bottom part of the switch of elevation "▼" DOWN.
4. Press either the top or the bottom of the switch for your desired incline level, then simply release the switch when you feel comfortable.

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# COMPUTER INSTRUCTIONS

Your computer is ideal for monitoring your performance and setting yourself targets. You can monitor closely your improving condition and cardiovascular fitness.



## DISPLAY VALUES

DISPLAY	RESOLUTION	RANGE	INCREMENT
PULSE	000	40 - 240	1
ELEVATION ( % )	00	0 - 12	1%
DISTANCE ( Miles )	00.0	00.1 - 99.0	0.1
DISTANCE ( Km )	00.0	00.1 - 99.0	0.1
SPEED ( Miles / H )	00.0	00.6 -10.0	0.1
SPEED ( Km / H )	00.0	01.0 -16.0	0.1
TIME	00:00	00:01 - 99:00	00.01
CALORIES	000	1 - 999	1

## USING THE MAGNETIC SAFETY KEY

**IMPORTANT:** The treadmill will not work if the magnetic safety key is not in place.

Before starting the treadmill, attach the key to the computer, then attach the clip on the other end to your clothing (above the waist). If this key is pulled out whilst you are running on the treadmill then the mat will stop turning.



When the treadmill is not in use you should remove the safety key and store it somewhere safe, away from the treadmill. This will prevent any unauthorised use of the treadmill. Store the safety key in a safe place **OUT OF REACH OF CHILDREN.**


\* SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. \*

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## SPEED ADJUSTMENTS





There are three ways to adjust the speed during workout:

1. Pressing  **FAST** and  **SLOW** will adjust the speed by increments of 0.1Km/H. Press and hold these buttons to speed up or down faster.
2. During the workout you can enter the speed using the number buttons. If the speed adjustment increment is large, it is quicker and easier to use the number buttons to adjust the speed.
3. Press the arrow up / arrow down keys on the right side of the handlebars they will also adjust the speed by increments of 0.1Km/H.

For example, to change from 3 Km/H to 8 Km/H: Press the number 8 button once, or press and hold the  **FAST** button or the arrow up key until the speed display shows 8 Km/H.

## ELEVATION ADJUSTMENTS

There are 2 ways to adjust the elevation:

1. Pressing the  **UP** and  **DOWN** buttons on the front of the console.
2. Pressing the  arrow up /  arrow down buttons on the left side of the handlebars.

The buttons will adjust the elevation by increments of 1%.

In addition, the treadmill will automatically adjust it's elevation during the following two workout programs: HRC by Elevation (8), and Fitness Test (9).

The elevation may be adjusted while the running belt is not moving. However, during the program setup mode, the elevation can not be adjusted.



## PULSE FUNCTION


This treadmill features wireless heart rate monitoring, the most advanced technology to date for an accurate read out of your heart beat.

To use the wireless pulse monitoring system, you must wear the heart rate transmitter chest strap so that the contact surface is next to your skin, directly under your heart, to pick up the pulse signals from your heart.

Please note that some fibers used in clothes (e.g. polyester, polyamide) create static electricity which may prevent a reliable heart rate measurement. Also note that mobile phones, televisions and other electrical appliances form an electro-magnetic field around them, which may also cause problems in heart rate measurement.

## PAUSE FUNCTION

When the  **STOP** button is pressed during a workout, the program is suspended. The large display window will flash "**WORKOUT PAUSED**". After the running belt has come to a complete stop, the dot matrix display window will count down from 2:59. During pause mode, only the **START** and  **STOP** buttons will function.

If  **START** is pressed within three minutes of the pause mode being activated, the treadmill will bring the running mat movement back to the speed at which the treadmill was running when it was paused. The workout values will resume counting and the program continues where it left off.

If  **STOP** is pressed during the pause mode, the program will end.

After three minutes, if no button is pressed, the treadmill will automatically end the workout program.

**\* SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. \***



**END OF WORKOUT STATS** When you have completed your workout or if you have ended your workout, the display will report your workout stats. After the running mat has come to a complete stop, the message center will display total time, total distance, total calories and average speed, twice. Then the display will go into idle mode, ready for the next user workout setup.

If you wish to skip the workout stats report, simply press the  **STOP** button, which will skip the display to the idle mode.

## UNIT CONVERSION

To change from kilometers to miles, or miles to kilometers, you must be in the idle mode where the display shows **PICK PROG OR PRESS START**. Follow the steps below to make the unit conversion.


1. Simultaneously press both the  **STOP** and  **SLOW** buttons together.
2. The message center will display Km to Mi or Mi to Km.
3. Simply press the  **START** button to confirm.


Once you have begun your workout, the speed unit will have changed the measurement unit accordingly.

## PRESET PROGRAMS

### QUICK START


*Once the power is on and the safety key is secured in place, simply press the start button, and after three seconds count down the treadmill will start and maintain the running mat at 1Km/H.*







Once the power is turned on and the safety key is secured in place, simply press the quick start button. The treadmill will start at 1.0 Km/H. You may increase or decrease the speed or elevation at any time during your workout. To end the workout, simply press the  **STOP** button to stop the treadmill. During the workout, the time will count up.

1. Turn the power on.
2. Check the safety key is secured to the treadmill and that the clip is secured to your clothing.
3. Press  **START** to begin the workout.

## SPEED PROGRAMS


Once the power is turned on and the safety key is secured in place, press the number buttons 0 or 1 to choose one of the two pre-set speed programs, **SPEED INTERVAL** or **AEROBIC**. The large display screen will prompt you to set up a workout duration and intensity level based on the maximum speed value. Once you have made your selection, press the **START** key to activate the treadmill.

During the workout, the treadmill will automatically adjust the speed according to the pre-set program setting. You can adjust the speed if the preset speed is not appropriate. The remaining program will scale up or down accordingly. During the workout, you may adjust the elevation level at will. To end the workout, simply press the  **STOP** button to stop the treadmill. During the workout, the time counts down from the target workout time set.







1. Turn the power on.
2. Check that the safety key is secured to the treadmill and that the clip is secured to your clothing.
3. Press  0 to select the **SPEED INTERVAL** program or press  1 to select the **AEROBIC** program.
4. The display will show the program selected.
5. Press  **ENTER** to confirm your selection.
6. Use the numeric buttons to input the workout duration.
7. Press  **ENTER** to confirm.
8. Use the numeric buttons to input the intensity level based on the maximum speed.
9. Press  **ENTER** to confirm.
10. Press  **START** to begin the workout.

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## ELEVATION PROGRAMS

Once the power is turned on and the safety key is secured in place, press the number buttons 2 or 3 to choose one of the two pre-set elevation programs, **WEIGHT LOSS** or **HILL CLIMB**. The large display screen will prompt you to set up a workout duration and intensity level based on the maximum elevation value. Once you have made your selection, press the  **START** key to activate the treadmill.







During the workout, the treadmill will automatically adjust the elevation according to the pre-set program setting. You can still adjust the elevation if the preset level is not appropriate. The remainder of the program will scale up or down accordingly. During the workout, you may adjust the speed level at will. To end the workout, simply press the stop button to stop the treadmill. During the workout, the time counts down from the target workout time set.

1. Turn the power on.
2. Check the safety key is secured to the treadmill and that the clip is secured to your clothing.
3. Press  2 to select the **WEIGHT LOSS** program or press  3 to select the **HILL CLIMB** program.
4. The display will show the program selected.
5. Press  **ENTER** to confirm your selection.
6. Use the numeric buttons to input the workout duration.
7. Press  **ENTER** to confirm.
8. Use the numeric buttons to input the intensity level based on the maximum elevation.
9. Press  **ENTER** to confirm.
10. Press  **START** to begin the workout.

## TARGET TRAINING PROGRAMS


The users have the option to customise the workout based on setting training targets for time, distance, or calories. Once the power is turned on and the safety key is secured in place, press the number 4 button to set the training target based on time or the number 5 button to set the training target based on distance, or the number 6 button to set the training target based on calories. The large screen display will prompt you to set up a workout target value. Once you have made your selection, press the  **START** key to activate the treadmill.

During the workout, you may adjust the speed and/or elevation at will. To end the workout, simply press the stop button to stop the treadmill. During the workout, the target training value will be displayed on the dot matrix display window.

1. Turn the power on.
2. Check the safety key is secured to the treadmill and that the clip is secured to your clothing
3. Press  4 to select target time,  5 to select target distance or  6 to select target calories.
4. The display will show the program selected.
5. Press  **ENTER** to confirm your selection.
6. Use the numeric buttons to input the training target value.
7. Press  **ENTER** to confirm.
8. Press  **START** to begin the workout.

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## HEART RATE CONTROL (HRC) PROGRAMS

The user has the option to customise their heart rate control programs based on their target heart rate value. Once the power is turned on and the safety key is secured in place, you may press the number 7 button to select the HRC program adjusted by speed or the number 8 button to select the HRC program adjusted by elevation. The large display screen will prompt you to set up the workout step by step. Once you have made your selection, press the  **START** button to activate the treadmill.










The user also has the option to set up their warm up speed and warm up time. During the warm up mode, the target heart rate training function will not be in operation.

After the warm up mode has finished the treadmill will automatically adjust by elevation or speed (depending on which program is chosen) to reach and maintain the user's target heart rate. During the workout mode, the user can adjust the speed or elevation. During the workout, the time counts down from the total time which includes the warm up time + the workout time + the cool down time.

At the end of the workout time, the treadmill will automatically go into cool down mode. Cool down mode is pre-set for 4 minutes. In the first two minutes, the speed and elevation will be reduced by 50%. In the last two minutes, the speed and elevation will be reduced by another 50%. To end the workout, simply press **STOP** to stop the treadmill.

To use the heart rate control programs, the user must wear the wireless transmitter chest strap.

To determine your correct target heart rate, please refer to the section on "CALCULATING YOUR TARGET HEART RATE".

1. Turn the power on.
2. Check that the safety key is secured to the treadmill and that the clip is secured to your clothing.
3. Press  7 to select the HRC program adjusted by speed changes or press  8 to select the HRC program adjusted by elevation changes.
4. The display will show the program selected.
5. Press  **ENTER** to confirm your selection.
6. Use the numeric buttons to input your age.
7. Press  **ENTER** to confirm.
8. Use the numeric buttons to input the workout time.
9. Press  **ENTER** to confirm.
10. Use the numeric buttons to input a target heart rate.
11. Press  **ENTER** to confirm.
12. Use the numeric buttons to input a warm up time.
13. Press  **ENTER** to confirm.
14. Use the numeric buttons to input a warm up speed.
15. Press  **ENTER** to confirm.
16. Press  **START** to begin the workout.



## CALCULATING YOUR TARGET HEART RATE

The most common method for calculating your target heart rate is to find your maximum heart rate first. The standard formula for finding your maximum heart rate = 220 minus your age.

### TARGET HEART RATE

Age	Target Zone ( 60% - 75% )
20	120 - 150
25	117 - 146
30	114 - 142
35	111 - 138
40	108 - 135
45	105 - 131
50	102 - 127
55	99 - 123
60	96 - 120
65	93 - 116
70	90 - 113

You DO NOT want to workout at your maximum heart rate. You want to workout in your target heart rate zone. Your target heart rate zone is a percentage of your maximum heart rate. The American Heart Association recommends working out at a target heart rate zone of between 60% - 75% of your maximum heart rate. If you are just beginning an exercise program, exercise near or below the lower limit of your target zone.

Lower limit of target zone = maximum heart rate x 0.60

Upper limit of target zone = maximum heart rate x 0.75

For example: User age 30

Max HR (maximum heart rate) =  $220 - 30 = 190$

60% of max HR =  $190 \times .60 = 114$

75% of max HR =  $190 \times .75 = 142$





(If you look at the chart to the left, you will note for age 30, your 60%-75% heart rate values are 114 and 142.)

If you have not been exercising on a regular basis, it is recommended that you start off slowly, and use the lowest value (60%) as your target heart rate to begin with. If you find this pace too difficult to maintain, go to a lower target heart rate. As you become stronger, you may want to increase your target heart rate.

## FITNESS TEST PROGRAM

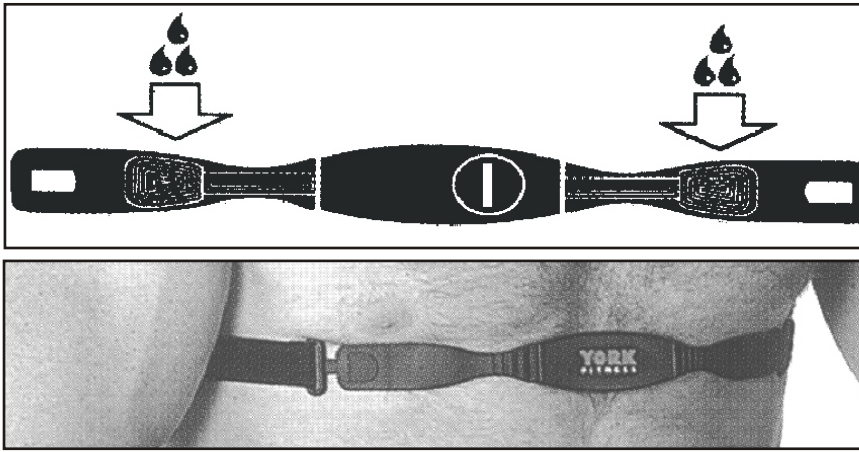
The Fitness Test is a motivational program designed to determine the user's physical fitness level. During the workout, the user will not be able to adjust the speed or elevation. The program will increase the workout intensity level. And based on the actual heart rate picked up from the transmitter and the age user input, the treadmill computer will be able to assess the user's physical fitness level.

To use the fitness test program, the user must wear the wireless transmitter chest strap. If the treadmill does not pick up the transmitters heart rate signal, this program will not function.

1. Turn the power on.
2. Check that the safety key is secured to the treadmill and that the clip is secured to your clothing.
3. Press  9 to select the Fitness Test program
4. The display will show the program selected.
5. Press  ENTER to confirm your selection.
6. Use the numeric buttons to input your age.
7. Press  ENTER to confirm.
8. Press  START to begin the workout.

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## **POSITIONING THE CHEST TRANSMITTER**



It is recommended that you wear the transmitter against your bare skin to ensure flawless operation.  
However if you wish to wear the transmitter over a shirt, moisten the shirt well under the rubber electrodes.

- Attach the adjustable elastic strap to the transmitter.
- Moisten the rubber electrodes on the underside of the belt as shown.  
Water or saliva can be used.

## **THE KEY TO FLAWLESS OPERATION IS TO WET THE RUBBER ELECTRODE AREAS WELL.**

- The transmitter should be positioned next to your skin with the logo facing forwards in the middle of the chest, just below the breast.
- Adjust the strap to ensure a secure but comfortable fit.
- The transmitter is activated automatically when on the body and is deactivated automatically when removed.

**NOTE:** If you have difficulty obtaining a good regular heart rate reading, please check the belt, which may need adjusting. The rubber electrodes must be flat against the skin, and the belt must be in the correct position on the chest---Not too low!!  
Check the electrodes are wet.

Check that the belt is clean, with no accumulated sweat or dirt.

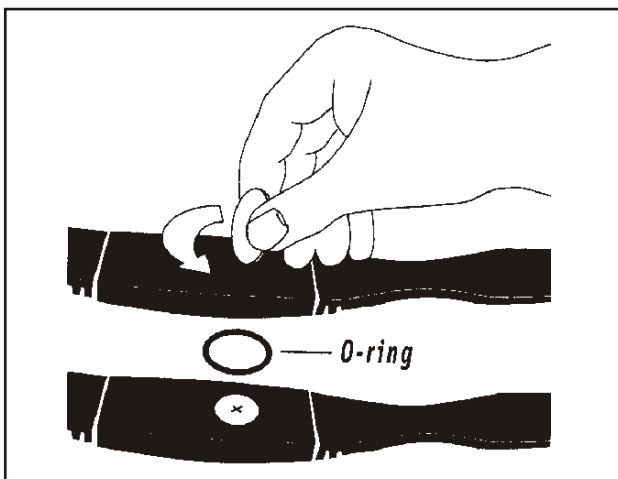
## **CARE AND MAINTENANCE**

- Thoroughly wipe the transmitter, and allow the elastic strap to dry after each use.  
Store your chest transmitter in a cool dry place.
- Do not expose your chest transmitter to direct sunlight for extended periods such as leaving it in a car.
- Do not expose your chest transmitter to extreme temperatures above 122° Fahrenheit (50°C) or below 14° Fahrenheit (-10°C).

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**YORK T782 TM / 18**

## REPLACING THE TRANSMITTER BATTERY



Unscrew the battery hatch with a coin and remove the old battery. Ensure that the new battery is inserted into the hatch correctly with the plus sign facing the battery hatch. Check that rubber gasket is clean, correctly fitted and not damaged, then close the hatch securely. The transmitter utilizes a 3 volt 2032 cell.

## TROUBLE SHOOTING

### WHEN TO CALL FOR HELP

This treadmill is designed with user safety as the number one priority. In the event of an electrical failure, the treadmill will shut off automatically to prevent user injury and to prevent damage to expensive components such as the motor.

When you encounter unusual behaviour from the treadmill, simply turn the power switch off and on to reset the treadmill.

This should clear incidental errors and prepare the treadmill for normal operation again.

If, after you have reset the treadmill by turning the power switch off and on again, the treadmill is still not operational, then it is time to call the helpline.

### NO SIGNAL ON THE CONSOLE LCD WINDOWS

If there is no signal on the monitor, even after you have switched the treadmill off and on again to reset, check the communication cable between monitor and motor controller.

First, make sure the connections are good and that the cable is not pinched or damaged.

If defective, ask your dealer for a replacement cable.

### Error 1: Speed Sensor error

Error 1 occurs when the console is not picking up the motor speed signal.

In other words, when the motor speed is not correctly fed back to the controller and console, the treadmill will shut off to protect the user and Error 1 will be displayed on the console. Please see the Trouble Shooting Guide for further instruction.

When trouble shooting this error, do not stand on the running mat.

When you report Error 1 to the service center, make sure you note down the circumstantial details.

1. Is the motor operational? For example, if the motor is not working when you push the start button, Error 1 displays immediately.  
Motor and running mat do not move.
2. If the treadmill was running, then it stopped and showed Error 1, then the motor is operational.
3. If the motor is operational, did the treadmill stop at low speeds ( 1.0 - 1.5 KPH ) or high speeds ( 10 KPH - 12 KPH )

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### **Error 2: Over Speed error**

Error 2 occurs when the actual mat speed is faster than the speed displayed on the console. If this occurs, the treadmill will shut off automatically.

Error 2 can be caused during handling of the treadmill. If you see Error 2 when you first turn the power on, simply turn the power off and on again to reset.

Error 2 can also be caused by the user pushing very hard on the running mat, causing it to go quicker than the speed displayed. Simply turn the power off and on again to reset.

If turning the power on and off doesn't reset the error and Error 2 is still displayed, call your dealer for service. Do not try and use the treadmill again until it has been repaired.

### **Error 3: Safety Key error**

Error 3 occurs when the safety key is not in positive contact with the console. Check for positive contact of the safety key to the console.

### **Error 4: Power Circuit Trip**

If you see Error 4 displayed, this means the power circuit within the treadmill has been broken. Call your dealer for service. Do not try and use the treadmill again until it has been repaired.

### **Error 5: Elevation / Incline Motor error**

If you see Error 5 displayed, there is a problem with the elevation motor. There could be a number of causes:

- 1.The motor is overloaded or overheated. Turn the treadmill off for one hour and then try again.
- 2.There is a problem with the cable connections. Re-check all the wires and cables that were connected during assembly, making sure they are not loose or pinched, and then turn the power off and on again to reset.

If after trying the above 2 steps Error 5 is still displayed, call you dealer for service.

### **Error 6, Error 7, Error 10 : Computer Failure**

If you see Error 6, Error 7 or Error 10 displayed there is a computer error. This cannot be fixed by the user. Please call your dealer for service.

### **Error 8: Fold Frame**

If you see Error 8 displayed, the treadmill has been folded when the power is still turned on. Simply turn the power off and on again to reset.

### **Error 11: Communication Failure**

Error 11 is displayed when the treadmill cannot send information from the controller to the console. Re-check all the wires and cables that were connected during assembly, making sure they are not loose or pinched, and then turn the power off and on again to reset. If E11 is still displayed, call your dealer for service.

### **Error 22: Over Voltage**

Error 22 occurs when the AC input voltage is too high to operate the treadmill normally. Check the AC input voltage.

### **Error 23: Under Voltage**

Error 23 occurs when the AC input voltage is too low to operate the treadmill normally. Check the AC input voltage.

### **Error 40 : Over Acceleration**

Error 40 is displayed when the treadmill accelerates faster than normal. The treadmill will shut off automatically. Simply turn the power off and on again to reset.

If turning the power on and off doesn't reset the error and Error 40 is still displayed, call your dealer for service. Do not try and use the treadmill

### **Error 41 : Over Acceleration**

The same as Error 40, but it occurs at the beginning of the workout. Please see instructions above.

## **TROUBLE SHOOTING GUIDE**

<b>Problem</b>	<b>Potential Cause</b>	<b>Corrections</b>
Treadmill will not start.	1. Not plugged in. 2. Safety key not inserted. 3. House circuit breaker tripped. 4. Treadmill circuit breaker tripped.  5. On / Off switch on "OFF".	1. Plug into grounded outlet. 2. Insert the safety key into the console. 3. Reset or replace fuse. 4. Reset the circuit breaker. If happens again, lubricate the deck to reduce friction between mat and deck. 5. Turn On / Off switch to "ON".
Running mat slips.	1. Running mat not tight enough. 2. Drive mat not tight enough	1. Adjust running mat tension. 2. Adjust drive mat tension.
Running mat hesitates when stepped on.	1. Insufficient lubrication 2. Running mat too tight / too loose	1. Apply silicone lubricant. 2. Adjust running mat tension.
Running mat is off center.	Running mat tension uneven across the rear roller.	Center the running mat.

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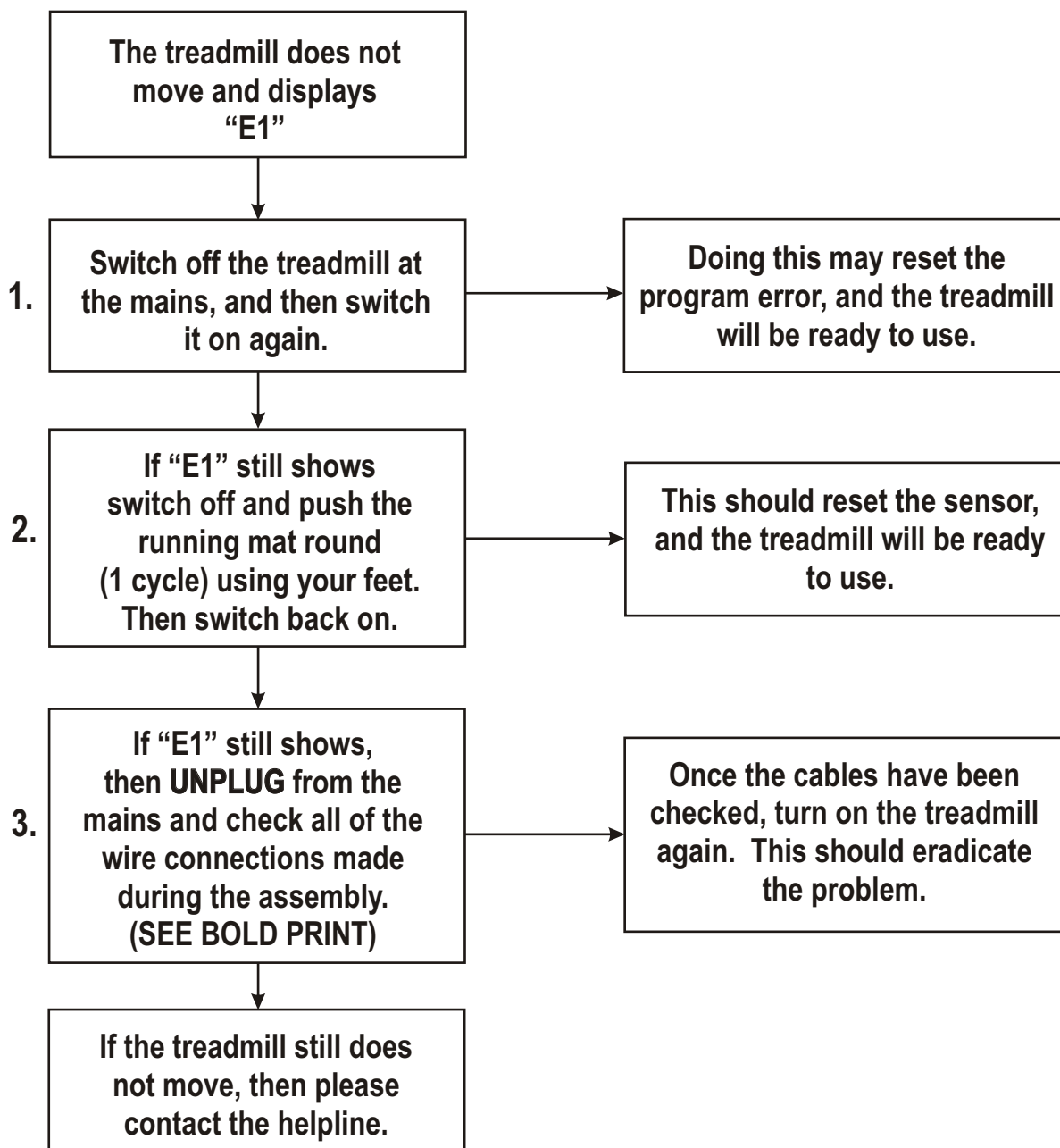
# ERROR 1 CODE

This is a safety feature that can stop the treadmill from functioning. This error can occur because the computer is not receiving the correct information from the speed sensor located near the motor. As a precaution the computer stops the treadmill until it begins to receive the correct feedback.

By performing a few simple checks, the error can be cleared quickly and easily, and the treadmill can be ready for use.

**When assembling, there are several cables that need to be connected. It is very common for these cables to look like they are connected when they are in fact not fully connected.**

**Make sure that these cables are connected as tightly as possible. The connections may have come apart whilst assembling the treadmill.**



# **EXERCISE GUIDE**

## **FITNESS**

Many things contribute to fitness and well being but the most important factor is the condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity (with oxygen).

When you are fit your heart and lungs work well and efficiently.  
This means your heart will not have to work so hard. It will pump a lot fewer times per minute so reducing the wear and tear on your heart.  
This in turn reduces the chances of your suffering heart disease.

Fitness also helps you control your weight and reduces the effects of aging and stress.

You come across the need for fitness continually in everyday life.  
When you are fit you can walk briskly up hills and stairs without being too out of breath once at the top you recover quickly.

As you can see there are great advantages in being fit.

## **HOW TO IMPROVE YOUR FITNESS**

Like any muscle in your body your heart can be strengthened by systematic physical exercise which requires an increased blood flow and heart rate.  
You can measure your heart rate by taking a pulse reading.  
Your heart of pulse rate corresponds directly to your exertion level and exercise efficiency.  
To improve your fitness in a safe and effective way you need to exercise at a high enough level to improve your aerobic fitness.  
The area between these 2 levels is called the **target zone**.  
It is important to exercise at the right intensity to stay within this zone.

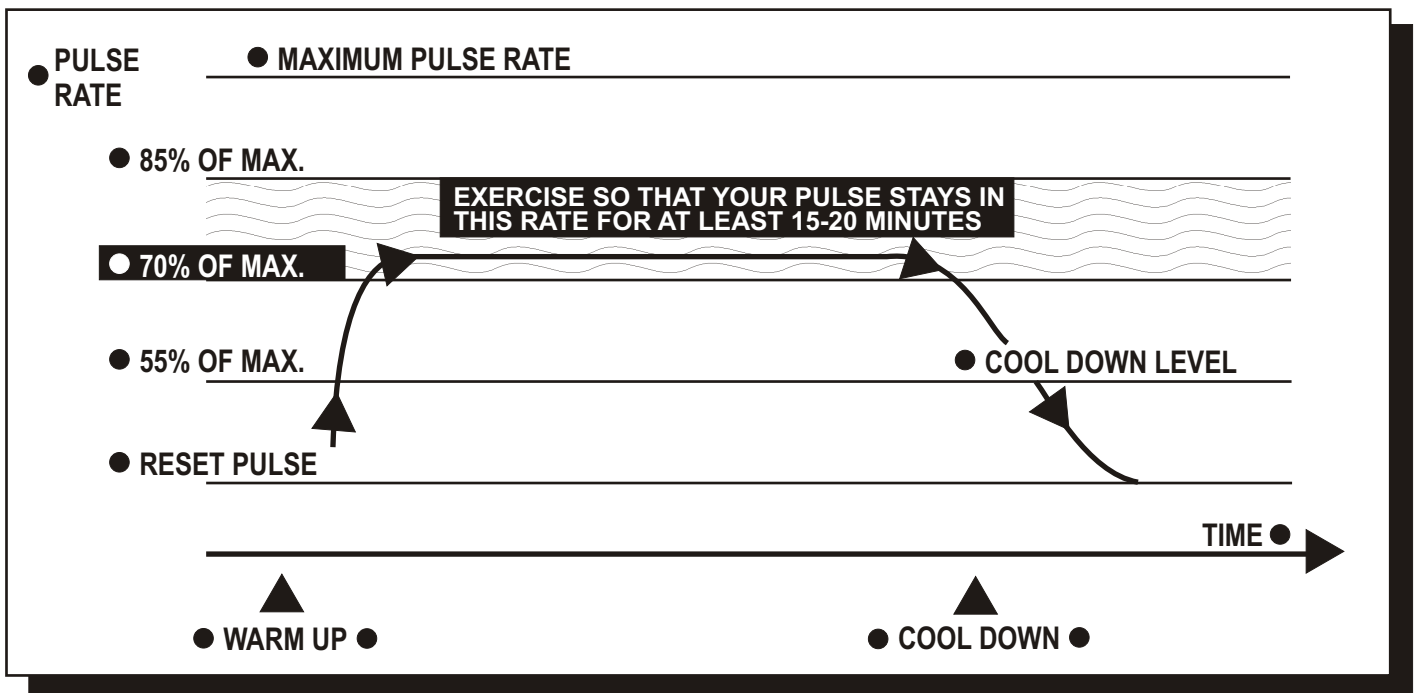
For the best results you should exercise within the target zone and gradually increase the duration. Ideally you should aim to exercise (within zone) for at least 15-20 minutes continuously, 3-4 times per week.

## **CAUTION**

DO NOT TRY TO DO TOO MUCH TO QUICKLY START GRADUALLY AND BUILD UP.  
IF YOU BECOME ILL, IF YOU ARE UNDER DOCTOR CARE, OR OVER 35-40 AND NOT CURRENTLY TAKING REGULAR EXERCISE THEN WE WOULD ADVISE YOU NOT TO START TO EXERCISE WITHOUT CONSULTING YOUR DOCTOR.



## TARGET ZONE



THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS EXERCISE. REMEMBER TO WARM UP AND COOL DOWN FOR A FEW MINUTES.

## HEART ZONE SELECTION GUIDELINES

In order to set your personal target heart zone, you will need to:

- Calculate your maximum heart rate.
- Select a zone based on your current fitness level.

### Calculating your maximum heart rate

The standard method for calculating heart rate training zone is based on estimating maximum heart rate using the formula 220 minus the persons age in years. Some practitioners believe that a woman estimated maximum heart rate can be calculated more accurately by using 226 instead of 220.

The important issue with all estimating calculations is that in reality they can vary by plus or minus 15 bpm and at best are only an indication of actual results.

$$\text{Estimated Maximum Heart Rate} = 220 - \text{Age (Year)}$$

## SELECTING THE ZONE

If you have not exercised for some time begin your exercise program in the Healthy Heart Zone. Start for the first few weeks, and gradually progress up to the zone that meets your personal fitness goal.

### ZONE 1.- HEALTHY HEART - 50 to 59% of Max Heart Rate.

If you are a beginner with the goal of improving overall fitness, losing weight or reducing stress, exercise in this zone.

### ZONE 2.- WEIGHT MANAGEMENT - 60 to 69% of Max Heart Rate.

If you already exercise regularly with the aim of losing body fat, exercise in this zone.

### ZONE 3.- AEROBIC - 70 to 79% of Max Heart Rate.

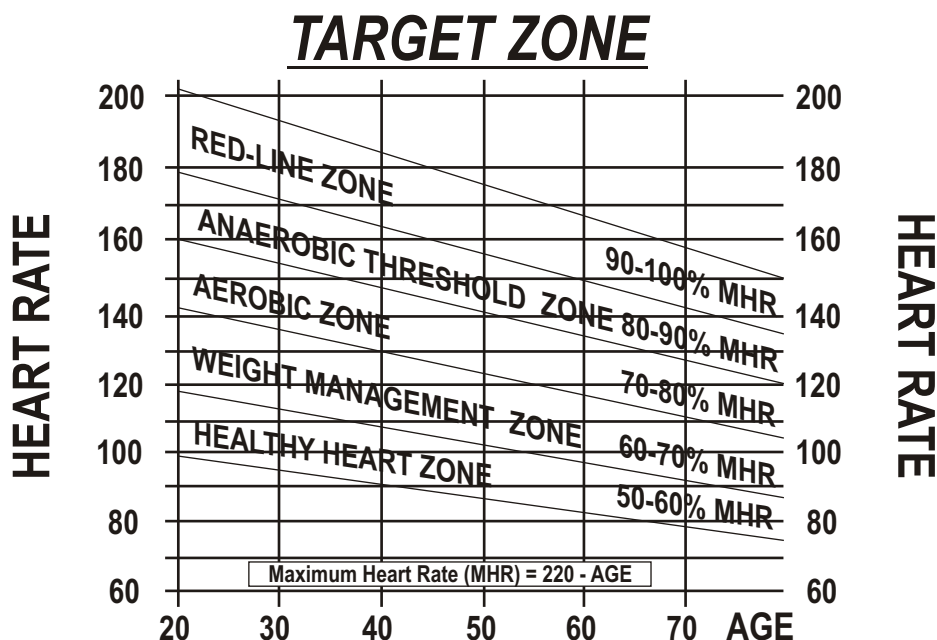
Progress to this zone if your goal is to improve your aerobic conditioning.

### ZONE 4.- ANAEROBIC THRESHOLD - 80 to 89% of Max Heart Rate.

This is the zone in which to improve anaerobic threshold. Exercising in this zone requires a high degree of fitness, and should not be used by those who are unfit.

### ZONE 5.- RED LINE - 90 to 100% of Max Heart Rate.

For professional supervised athletes only.



Percentage of Max Heart Rate (Beats per Minute)						
Max HR	Age	Healthy Heart 50 - 59%	Weight Loss 60 - 69%	Aerobic 70 - 79%	Anaerobic 80 - 89%	Red line 90 - 100%
155	65	78 - 93	94 - 109	110 - 124	125 - 139	140 - 155
160	60	80 - 96	97 - 112	113 - 128	129 - 144	145 - 160
165	55	83 - 99	100 - 116	117 - 132	133 - 148	149 - 165
170	50	85 - 102	103 - 119	120 - 136	137 - 153	154 - 170
175	45	88 - 105	106 - 123	124 - 140	141 - 157	158 - 175
180	40	90 - 108	109 - 126	127 - 144	145 - 162	163 - 180
185	35	93 - 111	112 - 129	130 - 147	148 - 166	167 - 185
190	30	95 - 114	115 - 133	134 - 152	153 - 171	172 - 190
195	25	98 - 117	118 - 137	138 - 156	157 - 175	175 - 195
200	20	100 - 120	121 - 140	141 - 160	161 - 180	181 - 200
205	<18	101 - 121	122 - 141	142 - 162	162 - 182	183 - 205

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## **HOW TO MONITOR YOUR HEART RATE DURING EXERCISE**

Now that you know where your training zone is, you'll have to monitor yourself to be sure you're in it. Here is a simple rule, if you can't hold a conversation without gasping for breath you are probably above your training zone.

To know precisely where you're working - making sure you're getting all the benefits -

We recommend you check your heart rate periodically throughout your workout.

You can use the electronic pulse monitor which will count and display your heart rate for you.

## **CONTROL YOUR PULSE RATE TO KEEP WITHIN ZONE**

How hard you exercise affects your pulse rate, it is determined by two things:

**1. Rate:** How fast you exercise.

e.g. The speed you cycle, run or step.

**2. Load:** The resistance against which you exercise.

e.g. The tension you apply on a cycle or stepper, or the incline set on a treadmill.

## **THE PULSE RATE RULES**

If your pulse rate is too low exercise faster or increase load.

If your pulse rate is too high exercise slower or decrease load.

If your pulse rate goes up towards the end of your exercise, you are trying to exercise for too long, shorten the time.

If your pulse rate does not quickly return to normal after exercise (5-10 minutes) you are not giving your body a chance to recover, reduce how often you exercise.

**REMEMBER - GENERAL FITNESS IS BEST IMPROVED BY INCREASING HOW LONG YOU EXERCISE RATHER THAN BY HOW HARD.**

## **HOW LONG TO EXERCISE?**

To qualify as a true aerobic exercise with all the benefits we're mentioned, you must maintain your heart rate within your training zone for at least 12 uninterrupted minutes.

If you exercise longer than 60 minutes the benefits are reduced and the risk of injury is increased.

If you're just starting out on a new exercise program we're commend you stay at the 12 minute minimum for at least a week. When you feel you're ready to go longer, increase your time no more than 10% a week. Don't push yourself too hard.

You should never feel exhausted during or following exercise.

## **TEST YOUR FITNESS LEVEL AND CHECK YOUR PROGRESS**

You can use your computer to control your exercise intensity and to monitor your progress.

The time it takes for your pulse to return to normal, after exercise, is an indicator of your fitness level.

During the first minute of your cool-down phase you will experience a drop in your pulse rate. The bigger the drop in that minute -- the fitter you are.

## **TO CHECK YOUR PROGRESS:**

1. Monitor your pulse rate the moment you end the aerobic phase of your workout and note your pulse rate.
2. Begin slowing down for the cool down phase.
3. After 60 seconds note the rate again.

The bigger the drop in that minute-the fitter you are.

To check your progress repeat this test every few weeks using the same duration and exercise intensity each time.

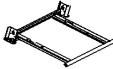





















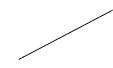
Keep a record of the results to help you monitor your progress.




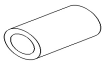
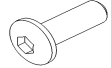
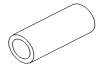
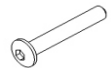
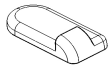
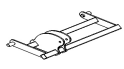




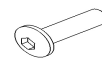
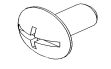




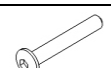









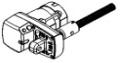
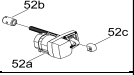















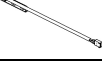


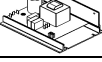


This technical drawing is an exploded view of a vehicle interior assembly, likely a car or truck. It shows the relationship between various components, which are identified by numerical callouts. The main components include:

- Dashboard and Instrument Cluster (Top Right):** Labeled with callouts 112, 114, 116, 118, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154, 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 175, 176, 177, 178, 179, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190, 191, 192, 193, 194, 195, 196, 197, 198, 199, 200, 201, 202, 203, 204, 205, 206, 207, 208, 209, 210, 211, 212, 213, 214, 215, 216, 217, 218, 219, 220, 221, 222, 223, 224, 225, 226, 227, 228, 229, 230, 231, 232, 233, 234, 235, 236, 237, 238, 239, 240, 241, 242, 243, 244, 245, 246, 247, 248, 249, 250, 251, 252, 253, 254, 255, 256, 257, 258, 259, 260, 261, 262, 263, 264, 265, 266, 267, 268, 269, 270, 271, 272, 273, 274, 275, 276, 277, 278, 279, 280, 281, 282, 283, 284, 285, 286, 287, 288, 289, 290, 291, 292, 293, 294, 295, 296, 297, 298, 299, 300, 301, 302, 303, 304, 305, 306, 307, 308, 309, 310, 311, 312, 313, 314, 315, 316, 317, 318, 319, 320, 321, 322, 323, 324, 325, 326, 327, 328, 329, 330, 331, 332, 333, 334, 335, 336, 337, 338, 339, 340, 341, 342, 343, 344, 345, 346, 347, 348, 349, 350, 351, 352, 353, 354, 355, 356, 357, 358, 359, 360, 361, 362, 363, 364, 365, 366, 367, 368, 369, 370, 371, 372, 373, 374, 375, 376, 377, 378, 379, 380, 381, 382, 383, 384, 385, 386, 387, 388, 389, 390, 391, 392, 393, 394, 395, 396, 397, 398, 399, 400, 401, 402, 403, 404, 405, 406, 407, 408, 409, 410, 411, 412, 413, 414, 415, 416, 417, 418, 419, 420, 421, 422, 423, 424, 425, 426, 427, 428, 429, 430, 431, 432, 433, 434, 435, 436, 437, 438, 439, 440, 441, 442, 443, 444, 445, 446, 447, 448, 449, 450, 451, 452, 453, 454, 455, 456, 457, 458, 459, 460, 461, 462, 463, 464, 465, 466, 467, 468, 469, 470, 471, 472, 473, 474, 475, 476, 477, 478, 479, 480, 481, 482, 483, 484, 485, 486, 487, 488, 489, 490, 491, 492, 493, 494, 495, 496, 497, 498, 499, 500, 501, 502, 503, 504, 505, 506, 507, 508, 509, 510, 511, 512, 513, 514, 515, 516, 517, 518, 519, 520, 521, 522, 523, 524, 525, 526, 527, 528, 529, 530, 531, 532, 533, 534, 535, 536, 537, 538, 539, 540, 541, 542, 543, 544, 545, 546, 547, 548, 549, 550, 551, 552, 553, 554, 555, 556, 557, 558, 559, 560, 561, 562, 563, 564, 565, 566, 567, 568, 569, 570, 571, 572, 573, 574, 575, 576, 577, 578, 579, 580, 581, 582, 583, 584, 585, 586, 587, 588, 589, 590, 591, 592, 593, 594, 595, 596, 597, 598, 599, 600, 601, 602, 603, 604, 605, 606, 607, 608, 609, 610, 611, 612, 613, 614, 615, 616, 617, 618, 619, 620, 621, 622, 623, 624, 625, 626, 627, 628, 629, 630, 631, 632, 633, 634, 635, 636, 637, 638, 639, 640, 641, 642, 643, 644, 645, 646, 647, 648, 649, 650, 651, 652, 653, 654, 655, 656, 657, 658, 659, 660, 661, 662, 663, 664, 665, 666, 667, 668, 669, 670, 671, 672, 673, 674, 675, 676, 677, 678, 679, 680, 681, 682, 683, 684, 685, 686, 687, 688, 689, 690, 691, 692, 693, 694, 695, 696, 697, 698, 699, 700, 701, 702, 703, 704, 705, 706, 707, 708, 709, 710, 711, 712, 713, 714, 715, 716, 717, 718, 719, 720, 721, 722, 723, 724, 725, 726, 727, 728, 729, 730, 731, 732, 733, 734, 735, 736, 737, 738, 739, 740, 741, 742, 743, 744, 745, 746, 747, 748, 749, 750, 751, 752, 753, 754, 755, 756, 757, 758, 759, 760, 761, 762, 763, 764, 765, 766, 767, 768, 769, 770, 771, 772, 773, 774, 775, 776, 777, 778, 779, 780, 781, 782, 783, 784, 785, 786, 787, 788, 789, 790, 791, 792, 793, 794, 795, 796, 797, 798, 799, 800, 801, 802, 803, 804, 805, 806, 807, 808, 809, 810, 811, 812, 813, 814, 815, 816, 817, 818, 819, 820, 821, 822, 823, 824, 825, 826, 827, 828, 829, 830, 831, 832, 833, 834, 835, 836, 837, 838, 839, 840, 841, 842, 843, 844, 845, 846, 847, 848, 849, 850, 851, 852, 853, 854, 855, 856, 857, 858, 859, 860, 861, 862, 863, 864, 865, 866, 867, 868, 869, 870, 871, 872, 873, 874, 875, 876, 877, 878, 879, 880, 881, 882, 883, 884, 885, 886, 887, 888, 889, 890, 891, 892, 893, 894, 895, 896, 897, 898, 899, 900, 901, 902, 903, 904, 905, 906, 907, 908, 909, 910, 911, 912, 913, 914

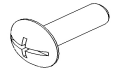

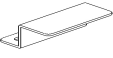




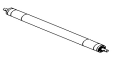








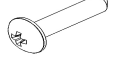






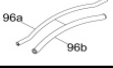

# PARTS LIST

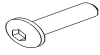











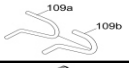
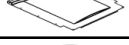


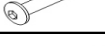









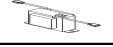




KEY NO.	PART NO.	PART FIG.	REF. NO.	Q'TY(PCS)	DESCRIPTION
1	5581-129		61804	1	BASE FRAME
2	5581-02		SC10805511	2	M8 X 55mm ALLEN HEAD BOLT
3	5581-130		61926	2	FRONT MOVING WHEEL BUSHING
4	5581-04		52865	4	MOVING WHEEL
5	5581-05		W30800811	23	M8 STAR WASHER ( t=0.8mm )
6	5581-06		W10801611	16	M8 FLAT WASHER ( t=1.6mm )
7	5581-07		N20807811	10	M8 NYLON LOCKNUT
8	5581-08		56714	1	FRONT STABILIZER END CAP ( L )
9	5581-09		56716	1	FRONT STABILIZER END CAP ( R )
10	5581-10		SD20401011	12	M4 X 10mm MACHINE SCREW
11	5581-131		14048	2	FRONT STABILIZER RUBBER FOOT
12	5581-12		56764	1	MAIN FRAME SIGNAL CABLE (1920mm )
13	5581-13		50811	2	SNAP BUSHING
14	5581-132		61906	1	CABLE TIE MOUNT
15	5581-133		62108	1	MAIN FRAME
16	5581-16		52549	6	RUNNING BOARD CUSHION PAD
17	5581-17		56703	2	FOOT PLATFORM FIXING PLATE
18	5581-134		SD20501511	32	M5 X 15mm MACHINE SCREW
20	5581-135		61936	1	LOCK PIN
21	5581-21		56819	1	LOCK PIN SPRING
22	5581-22		56793	1	LOCK PIN FIXING BRACKET
23	5581-23		SD10400811	13	M4 X 8mm MACHINE SCREW
24	5581-24		56832	1	LOCK PIN RELEASE CABLE

KEY NO.	PART NO.	PART FIG.	REF. NO.	Q'TY(PCS)	DESCRIPTION
25	5581-25		56780	2	MAIN FRAME BOTTOM FOOT STOP
26	5581-26		56775	1	LOCK RELEASE HANDLE
27	5581-27		56774	1	LOCK RELEASE LEVER
28	5581-28		56817	1	LOCK HANDLE SLEEVE
29	5581-29		SC4087011	1	M8 X 70mm ALLEN HEAD BOLT
30	5581-30		56743	2	REAR MOVING WHEEL BUSHING
31	5581-31		SC4085011	1	M8 X 50mm ALLEN HEAD BOLT
32	5581-32		53437	1	LOCK HANDLE RUBBER STOP
33	5581-136		61876	1	INCLINE MECHANISM - WELDED
34	5581-137		61908	2	TRACK SLIDER
35	5581-35		50708	2	CONNECTION TUBE BUSHING
36	5581-36		56785	1	INCLINE FIXED SHAFT
37	5581-37		W11002011	5	M10 FLAT WASHER ( t=2mm )
38	5581-38		SC1083011	2	M8 X 30mm ALLEN HEAD BOLT
39	5581-39		SD1040641	18	M4 X 6mm MACHINE SCREW
40	5581-40		61818	1	LEFT H FRAME ASSEMBLY
41	5581-41		61816	1	LEFT H FRAME SUPPORT - WELDED
42	5581-138		61928	2	BASE FRAME FIX BUSHING
43	5581-139		56852	1	LOCK PIN ( FRONT )
44	5581-44		SC1084511	6	M8 X 45mm ALLEN HEAD BOLT
45	5581-45		56883	2	MOVING WHEEL SHAFT SLEEVE
46	5581-46		52830	2	INCLINE MOVING WHEEL
47	5581-47		56640	1	RIGHT H FRAME ASSEMBLY
48	5581-48		56688	1	RIGHT H FRAME SUPPORT - WELDED
49	5581-49		56886	2	H FRAME PIVOT SLEEVE

KEY NO.	PART NO.	PART FIG.	REF. NO.	Q'TY(PCS)	DESCRIPTION
50	5581-50		56804	2	H FRAME END CAP
51	5581-51		56724	2	BASE FRAME FIX BUSHING
52	5581-52		56662	1	INCLINE MOTOR ASSEMBLY
52a	5581-53		56762	1	INCLINE MOTOR
52b	5581-54		54378	1	INCLINE MOTOR NUT
52c	5581-55		56778	1	INCLINE MOTOR SCREW SHAFT NUT
53	5581-56		56812	2	SIGNAL CABLE, EXT - KEY ( 200mm )
54	5581-57		50828	2	INCLINE HEX HEAD FIXING NUT
55	5581-58		N21009511	1	M10 NYLON LOCKNUT
56	5581-140		56788	2	SIGNAL CABLE, EXT - PCB ( 270mm )
57	5581-60		SI1105	1	M10 X 50mm HEX HEAD BOLT
58	5581-61		EI002	1	AC POWER CABLE INLET
59	5581-62		EC002	1	CIRCUIT BREAKER
60	5581-63		EP002	1	POWER ON/OFF SWITCH
61	5581-64		SA1083011	2	M8 X 30mm HEXAGON HEAD BOLT
62	5581-65		SA1084011	2	M8 X 40mm HEXAGON HEAD BOLT
63	5581-66		N10806511	1	M8 HEX HEAD LOCKNUT
64	5581-67		SK1082011	4	M8 X 20mm FRINGE HEAD BOLT
65	5581-141		61884	1	DC MOTOR FIXING BRACKET
66	5581-69		54042	1	DC MOTOR ( 1.5HP )
67	5581-70		SA1082011	2	M8 X 20mm HEXAGON HEAD BOLT
68	5581-142		52995	1	SPEED SENSOR W/ CABLE
69	5581-72		SD10501011	6	M5 X 10mm MACHINE SCREW
70	5581-73		W20501321	2	M5 SPRING WASHER ( t=1.3 mm )
71	5581-74		56622	1	CONTROLLER / CIRCUIT BOARD
72	5581-143		61924	1	MOTOR COVER
73	5581-144		61927	1	RUNNING BOARD



KEY NO.	PART NO.	PART FIG.	REF. NO.	Q'TY(PCS)	DESCRIPTION
74	5581-77		SD1062511	8	M6 X 25mm MACHINE SCREW
75	5581-78		W10601611	8	M6 FLAT WASHER ( t=1.6mm )
76	5581-79		56825	2	RUNNING BOARD METAL GUARD
77	5581-80		56739	1	RUNNING MAT
78	5581-81		52864	1	DRIVE BELT - RIBBED
79	5581-145		61852	1	FRONT ROLLER ASSEMBLY
80	5581-83		W40801511	2	M8 CURVE WASHER
81	5581-84		56618	1	REAR ROLLER ASSEMBLY
82	5581-85		56701	2	SIDE FOOT PLATFORM
83	5581-86		56728	4	SINGLE - BACK SPONGE RUBBER
84	5581-87		56729	1	LEFT TOP REAR END CAP
85	5581-88		56733	1	LEFT BOTTOM REAR END CAP
86	5581-89		56740	1	RIGHT TOP REAR END CAP
87	5581-90		56741	1	RIGHT BOTTOM REAR END CAP
88	5581-91		SA1086511	2	M8 X 65mm HEXAGON HEAD BOLT
89	5581-92		SD10601011	2	M6 X 10mm MACHINE SCREW
90	5581-93		SD20402011	6	M4 X 20mm MACHINE SCREW
91	5581-94		56831	2	CYLINDER
92	5581-95		56884	4	CYLINDER FIXING SLEEVE
93	5581-146		62124	1	COMPUTER CONSOLE
94	5581-97		56873	1	CONSOLE BASE
95	5581-147		61828	1	CONSOLE FIXING SUPPORT - WELDED
96	5581-148		61882	1	FRONT HANDLE BAR ASSEMBLY
96a	5581-100		56773	1	FRONT HANDLE BAR
96b	5581-149		61937	1	FOAM GRIP
97	5581-102		57659	1	FRONT MAIN FRAME BACK COVER

KEY NO.	PART NO.	PART FIG.	REF. NO.	Q'TY(PCS)	DESCRIPTION
98	5581-103		SC10802011	2	M8 X 20mm ALLEN HEAD BOLT
99	5581-104		56794	1	LEFT HANDLE BAR TOP COVER
100	5581-105		56795	1	LEFT HANDLE BAR BOTTOM COVER
101	5581-106		56796	1	RIGHT HANDLE BAR TOP COVER
102	5581-107		56797	1	RIGHT HANDLE BAR BOTTOM COVER
103	5581-150		52817	4	EXT - SWITCH KEY
104	5581-151		W30400411	6	8.5mm x 4.3mm x 0.45mm STAR WASHER
105	5581-152		SE20200621	8	M2.3 X 6mm PHILLIPS HEAD SCREW
106	5581-153		61832	1	LEFT HANDLE BAR POST
107	5581-154		61834	1	RIGHT HANDLE BAR POST
108	5581-113		SC10815	8	M8 X 15mm ALLEN HEAD BOLT
109	5581-114		56656	2	HANDLE BAR ASSEMBLY
109a	5581-115		56851	1	HANDLE BAR
109b	5581-116		56863	1	HANDLE BAR FOAM GRIP
110	5581-117		57660	1	REAR MAIN FRAME BACK COVER
111	5581-118		56855	2	HANDLE BAR SIDE COVER
112	5581-119		56644	1	MAGAZINE READING RACK
113	5581-120		SC10850	6	M8 X 50mm ALLEN HEAD BOLT
114	5581-121		56690	1	COMPUTER CABLE ( 400mm )
115	5581-122		56766	1	MIDDLE WIRE ( 1150mm )
116	5581-155		52957	1	SAFETY KEY
117	5581-156		56896	2	FRONT STABILIZER RUBBER FOOT
118	5581-157		SB10400611	4	M4 x 6mm COUNTERSUNK MACHINE SCREW
119	5581-158		61907	1	BASE FRAME CABLE JACKET
120	5581-159		SD10501021	2	M5 x 10mm MACHINE SCREW
121	5581-160		SC10803021	2	M8 x 30mm ALLEN HEAD BOLT
122	5581-161		SC10805521	2	M8 X 55mm ALLEN HEAD BOLT
123	5581-162		52880	4	CU SCREW SLEEVE
124	5581-163		56705	1	CHOKE
125	5581-164		SG10300641	4	M3 X 6mm PHILLIPS HEAD SCREW
126	5581-165		W20300811	4	M3 SPRING WASHER ( t=0.8 mm )
127	5581-166		56789	1	FILTER



# YORK BARBELL LIMITED WARRANTY INFORMATION

- York Barbell Ltd warrants this product to be free from defects in workmanship and material under normal use and conditions from the date of original purchase. This excludes normal wear and tear and is applicable to the original purchaser with sales receipt as proof of purchase.
- The warranty period varies according to the type of product, model or parts concerned and may vary according to country. Please request full warranty details from the York office in your location (see below).

The warranty for York T782 Treadmill for  
Frame is lifetime, Motor is 10 years and All components is 1 year

- This warranty covers the product for home/domestic use only and not for commercial or rental usage.
- York Barbell Ltd will not be responsible for damages or failures that occur as a result of improper assembly, adjustment or failure to operate the product as detailed in the manual. This warranty does not cover accidental damage, misuse, abuse, lack of reasonable care for the product, freight damage or alterations or repairs not made by York Barbell Ltd or a recommended service centre.
- During the warranty period, York Barbell will at no additional charge replace parts or repair the product if it becomes defective, malfunctions or otherwise fails to conform to this warranty under usual, non commercial use.
- In repairing the product, York Barbell Ltd may replace defective parts and reserves the right to use serviceable used parts that are equivalent to new parts in performance.
- In the unlikely event of a problem occurring, please contact your local York Barbell authorised dealer. Please have your proof of purchase ready.
- If the problem cannot be fixed by sending parts, you will need to arrange to send the goods to a York authorised repair centre. You must prepay any shipping charges and you are responsible for insuring any product or part shipped or returned. Returns will not be accepted without written authorisation by York Customer Service Department.

## WARRANTY REGISTRATION

- It is strongly recommended that you complete the warranty card enclosed with your product and return it to your authorized local YORK dealer.

U.K.	AUSTRALIA	U.S.A.
<b>YORK FITNESS</b> HELP LINE (8:30am- 4:30pm) <b>YORK BARBELL (U.K.) LTD.</b> YORK WAY, DAVENTRY, NORTHANTS, NN11 4YB ENGLAND TEL: (01327) 701-824 FAX: (01327) 706-704 E-MAIL: helpdesk@yorkfitness.co.uk	<b>YORK FITNESS</b> HELP LINE (8:00am- 4:00pm) <b>YORK BARBELL (AUST.) PTY. LTD.</b> UNIT 1, LOT 2, SWAFFHAM ROAD, MINTO, N.S.W. 2566 AUSTRALIA TEL: (02) 9603-8444 FAX: (02) 9603-8555 E-MAIL: service@yorkfitness.com.au	<b>YORK FITNESS</b> HELP LINE (8:00am- 5:00pm) <b>YORK BARBELL USA.</b> 3300 BOARD ROAD. YORK, PA 17402 TEL: +1-717-767-6481 FAX: +1-717-764-0416 E-MAIL: info@yorkbarbell.com
CANADA	TAIWAN	Authorized Dealer
<b>YORK FITNESS</b> HELP LINE (8:30am- 4:30pm) <b>YORK BARBELL CO. LTD.</b> 1450 S. SERVICE ROAD WEST, OAKVILLE (TORONTO), ONTARIO, CANADA L6L 5T7 TEL: (905) 827-6362 FAX: (905) 827-9593	<b>YORK FITNESS</b> HELP LINE (9:00am- 6:00pm) <b>YORK FITNESS (TAIWAN) LTD.</b> ROOM A2 4F, NO.51, GONG-YI ROAD, SEC. 2, TAICHUNG CITY, TAIWAN TEL: +886-4-2319-3448 FAX: +886-4-2319-3449 E-MAIL: yorktwn@ms25.hinet.net	



# WARRANTY REGISTRATION

**IMPORTANT:** Please complete and return this page, with a copy of your receipt, to your local York dealer within 14 days.  
Alternatively, you can register your warranty on-line - please visit [www.yorkfitness.com](http://www.yorkfitness.com)

**YOUR WARRANTY IS ONLY VALID IF YOU CAN PROVIDE PROOF OF THE ORIGINAL PURCHASE.**  
This can be the receipt, invoice, delivery note or internet confirmation.

Which product did you buy? \_\_\_\_\_

Where from (name of retailer)? \_\_\_\_\_

Date Purchased \_\_\_\_\_ Serial / Batch No \_\_\_\_\_

Name (Mr/Miss/Mrs) \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Telephone Number \_\_\_\_\_

E-mail address \_\_\_\_\_

**Please help us to improve our products and services by answering the following questions:**

**How did you buy this product?**

In a shop \_\_\_\_\_ ☐  
Mail order catalogue \_\_\_\_\_ ☐  
Over the internet \_\_\_\_\_ ☐  
Other, please specify \_\_\_\_\_ ☐

**Why did you choose this product (tick all that apply)?**

Discounted price \_\_\_\_\_ ☐  
York brand name \_\_\_\_\_ ☐  
Best specification at the price you wanted to pay \_\_\_\_\_ ☐  
Word of mouth recommendation \_\_\_\_\_ ☐  
Sales staff recommendation \_\_\_\_\_ ☐  
Received as a present \_\_\_\_\_ ☐

**Did you search the web before buying this product?**

Yes \_\_\_\_\_ ☐  
No \_\_\_\_\_ ☐

**Were you aware of York before you bought this product?**

Yes \_\_\_\_\_ ☐  
No \_\_\_\_\_ ☐

**How old are you?**

Under 18 \_\_\_\_\_ ☐  
18 - 29 \_\_\_\_\_ ☐  
30-39 \_\_\_\_\_ ☐  
40-49 \_\_\_\_\_ ☐  
50+ \_\_\_\_\_ ☐

**Are you a member of a gym or fitness club?**

Yes \_\_\_\_\_ ☐  
No \_\_\_\_\_ ☐

**What prompted you to buy fitness equipment (tick all that apply)?**

Replacing old equipment \_\_\_\_\_ ☐  
Saw an advert with big price savings \_\_\_\_\_ ☐  
Medical advice \_\_\_\_\_ ☐  
Thought it was about time to get fit \_\_\_\_\_ ☐  
Want to look good \_\_\_\_\_ ☐

**Do you have access to a PC at home?**

Yes \_\_\_\_\_ ☐  
No \_\_\_\_\_ ☐

**How would you rate the product you have just purchased (1 = poor, 10 = excellent)?**

Quality \_\_\_\_\_ ☐  
Looks \_\_\_\_\_ ☐  
Usability \_\_\_\_\_ ☐  
Instruction manual \_\_\_\_\_ ☐  
Ease of assembly \_\_\_\_\_ ☐

**On average, how many times a week do you exercise / work out?**

0 \_\_\_\_\_ ☐  
1 - 2 \_\_\_\_\_ ☐  
2 - 3 \_\_\_\_\_ ☐  
4 or more \_\_\_\_\_ ☐

**Any other comments**

\_\_\_\_\_

\_\_\_\_\_

This information will be held by York Barbell Ltd and will not be passed onto third parties. Please tick this box if you would not like to receive further information from York Barbell ☐

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**YORK<sup>®</sup>**  
**FITNESS**

**PLACE  
STAMP  
HERE**

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**PARTS ORDER FORM**

Enclose a check or money order  
with this form for replacement parts.

Date of purchase -----

Name of location where purchased -----

Model number -----

Last name, First name -----

Telephone number -----

Address ----- City ----- State ----- Zip/Postcode -----

Part No.	Q'ty	Part Description	Unit Price	Total
Total value of order				

Send your order to:

**YORK BARBELL (AUST.) PTY. LTD.**  
**UNIT 1, LOT 2, SWAFFHAM ROAD,**  
**MINTO N.S.W. 2566**  
**AUSTRALIA**

**YORK BARBELL (U.K.) LTD.**  
**YORK WAY,**  
**DAVENTRY, NORTHANTS,**  
**ENGLAND, NN11 4YB**

PLACE  
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HERE

**YORK<sup>®</sup>**  
**FITNESS**

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